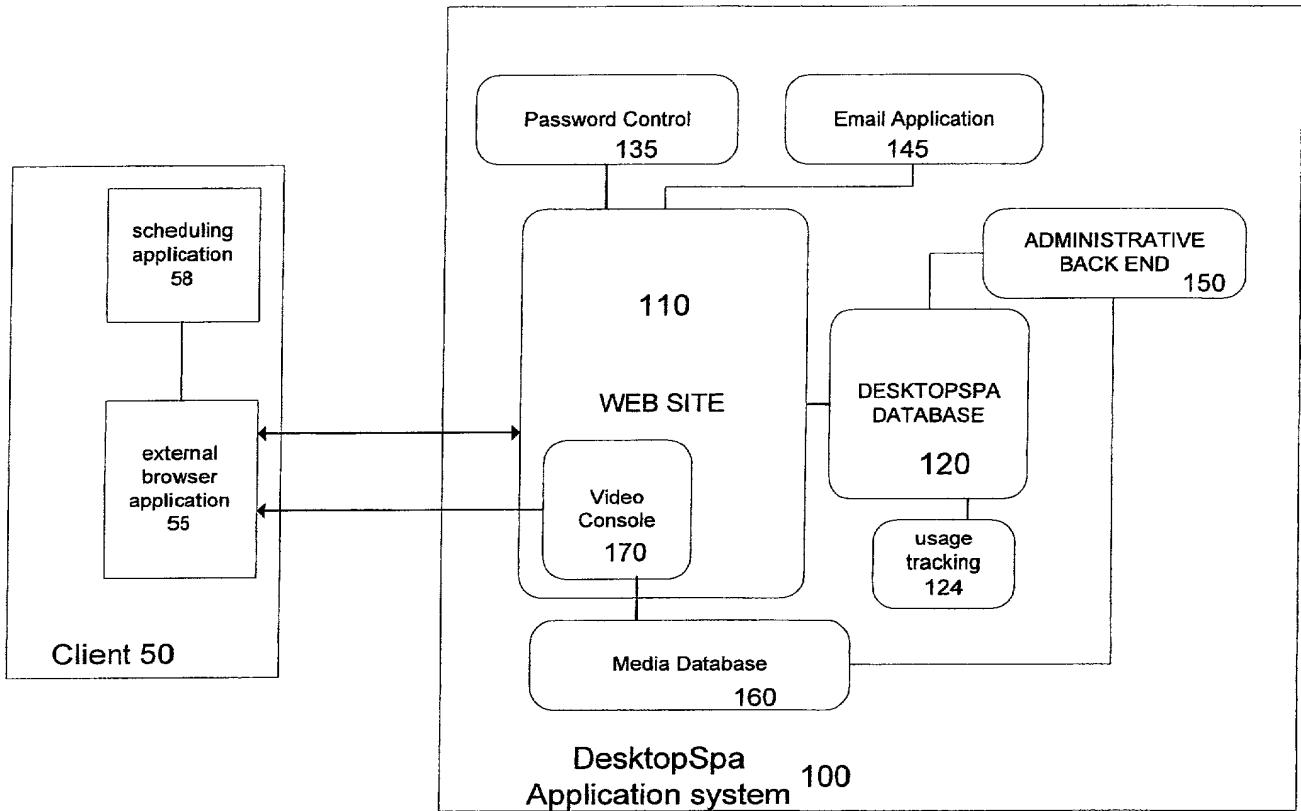


FIG. 1

FIG. 2



**FIG. 3**

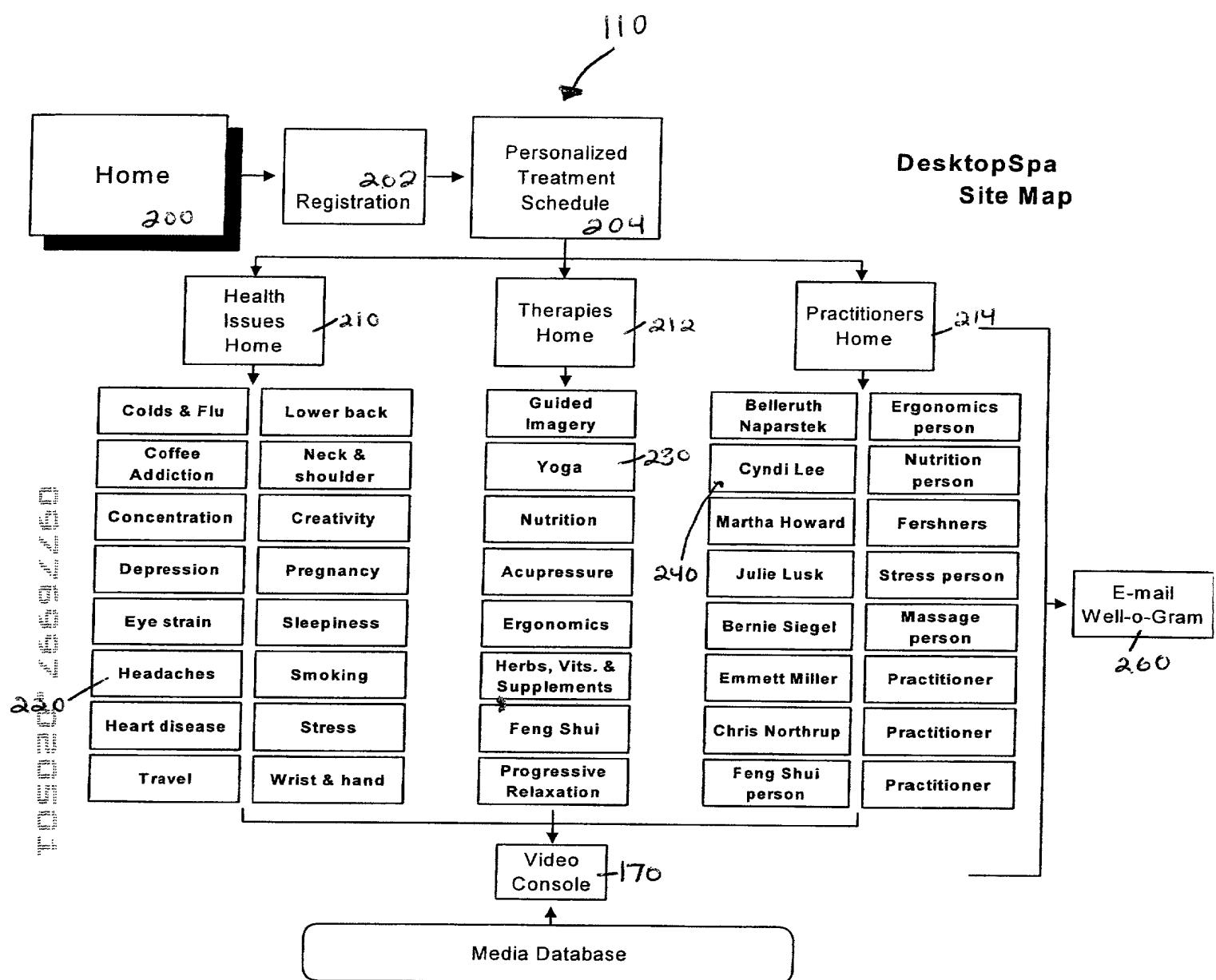


FIG. 4

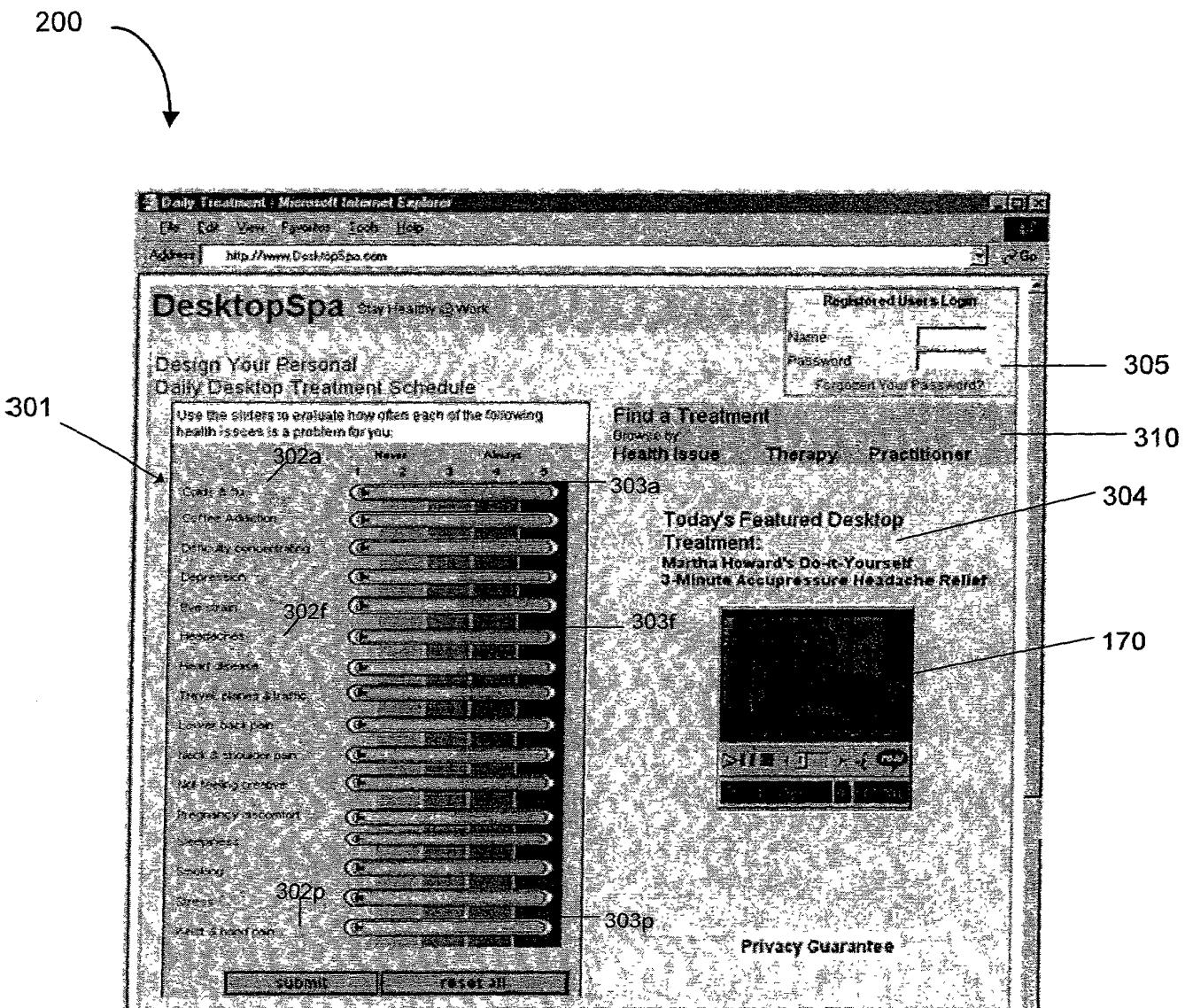


FIG. 5

202

**desktopspa**

## Tell us About Yourself

First Name

Last Name

Email Address

Username

Password

Password again

Sex  Female  Male

Age  under 18

[Our Privacy Policy](#)

Corporate Code  Social security #

Favorite Therapy (\*optional)  
 Accupressure  Meditation  
 Chi Gong  Yoga

Remember my ID and password so that I don't have to log in each time I visit this site.  
(Why wouldn't you do this? If you're worried about other users who might sit at your computer seeing what health treatments and issues are important to you.)

My connection speed is  T1 or faster  56-k modem  
[\(What does this mean?\)](#)

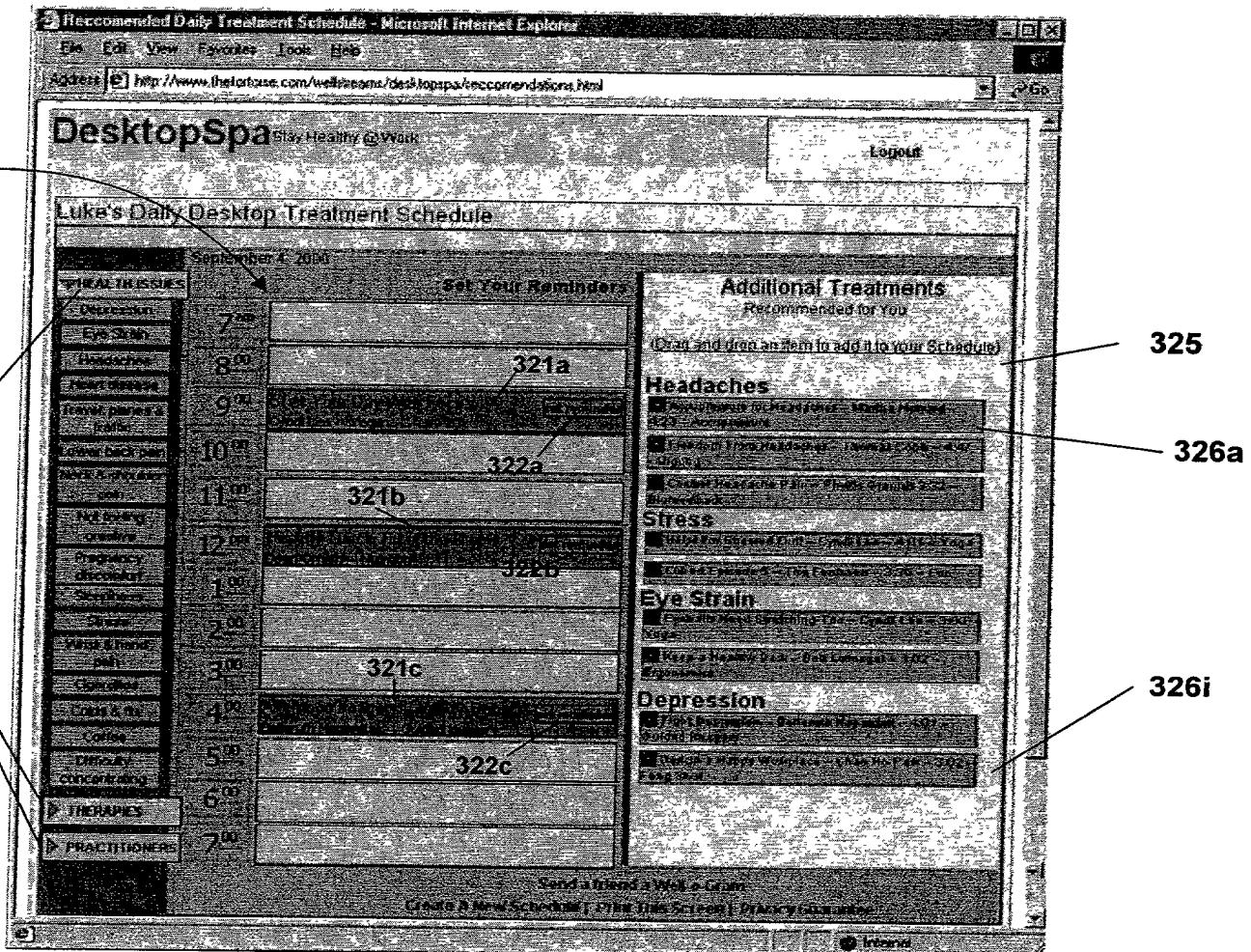
I prefer  RealVideo  Windows Media  Quicktime

Legal Agreement copy here.  I Agree.

**Proceed**

FIG. 6

204



320

327

325

326a

326i

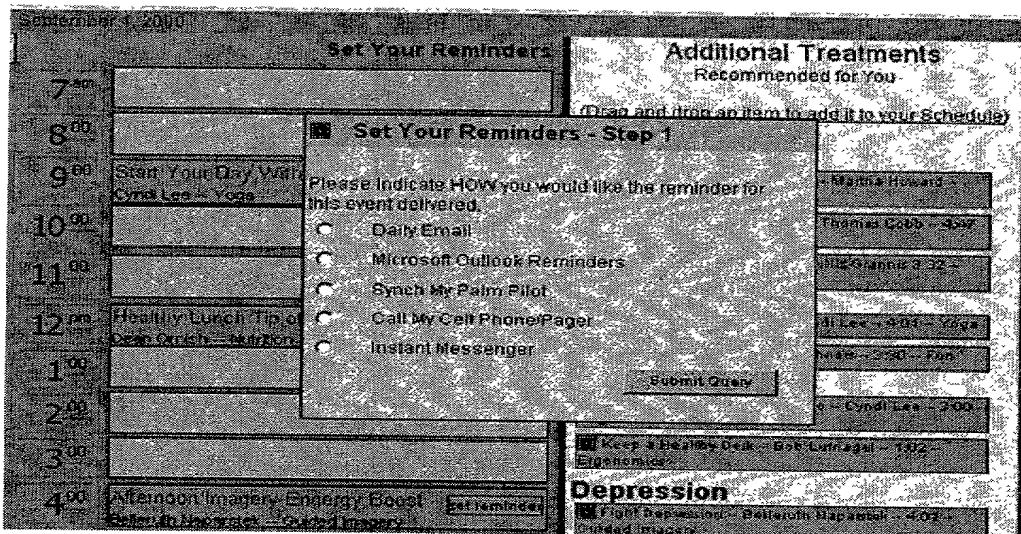


FIG. 7a

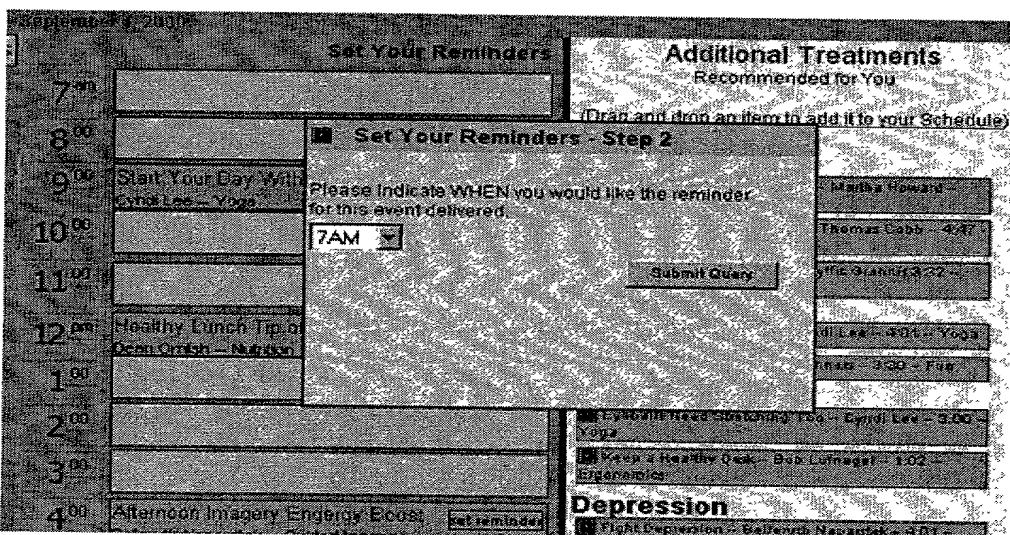


FIG. 7b

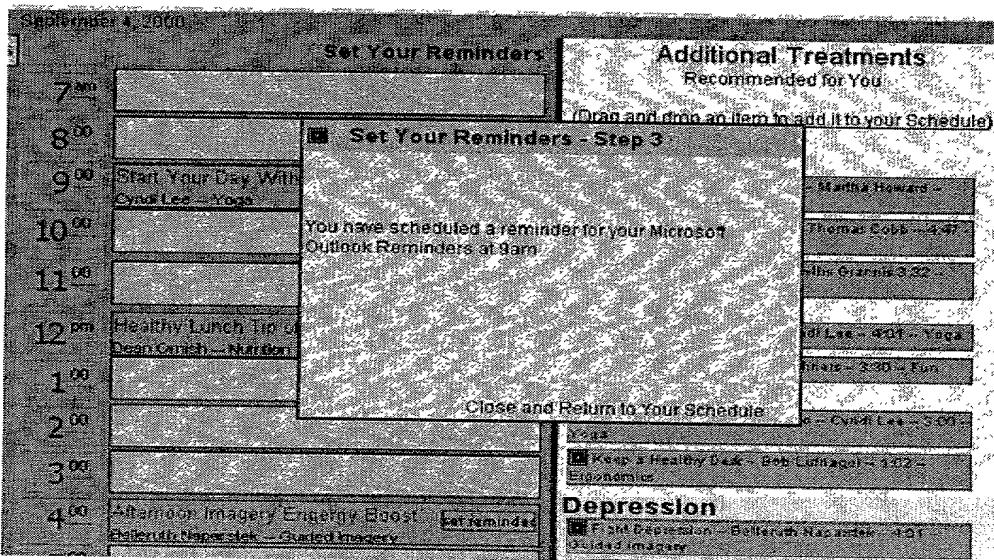
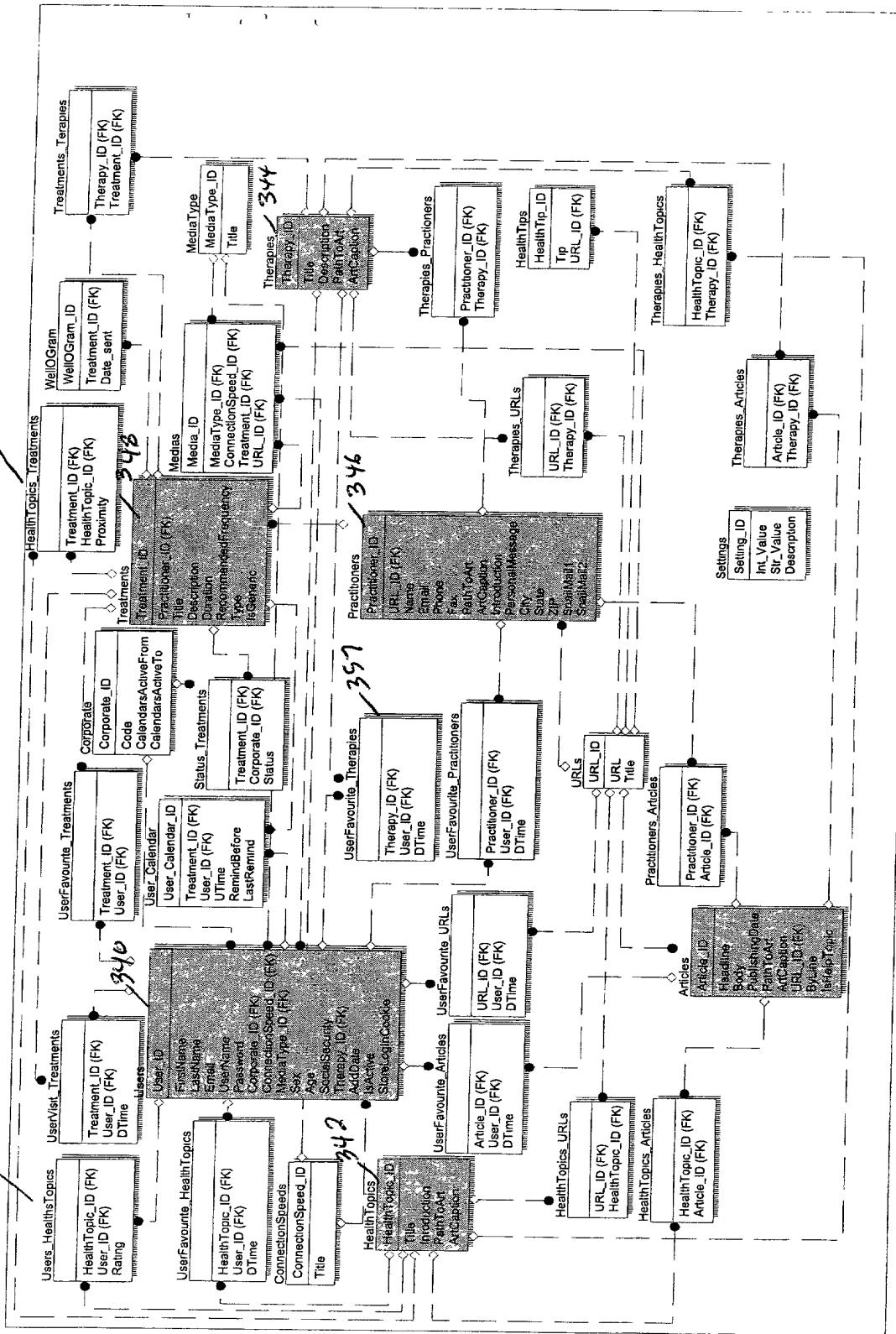


FIG. 7c

FIG. 8

350

355



**FIG. 9**

260

## Well-o-Gram

**Lore ipsum dolor sit amet, consectetur adipiscing elit, sed diam nonummy nibh. Lore ipsum dolor sit amet, consectetur adipiscing elit, sed diam nonummy nibh. Lore ipsum dolo.**

You are sending this treatment: **Treatment Title Here.**

Your friend's name

Your friend's email

Personal message

**Send Well-o Gram**

220

FIG. 10

380

385

Altment: Headache - Microsoft Internet Explorer  
 File Edit View Favorites Tools Help  
 Address http://www.theforteks.com/wolfstreams/desktopspa/headache.htm

**DesktopSpa** Stay Healthy @ Work Back To Your Schedule

## HEADACHES

Treatment	382a Practitioner	DURATION	Therapy	Reminder
Fix Your Headache With Yoga	Cyndi Lee	4:01	Yoga	ADD
Ease a Headache	Belleruth Naparstek	2:34	Guided Imagery	ADD
Headache Relief	Dr. Emmett Miller	5:54	Guided imagery	ADD
Acupressure for Headaches	Martha Howard	4:23	Acupressure	REMOVE
Stop a Headache Before it Starts	Dr. Nutritionist	2:12	Nutrition	ADD
Freedom From Headaches	Thomas Cobb	4:47	Diaphragmatic Breathing	ADD
Control Headache Pain	Phyllis Grannis	3:52	Biofeedback	ADD

**Health Issues Home**

**382f Send A Friend A Well-O-Gram!**

**ABOUT HEADACHES**

- Top 10 Headaches
- Relief Tips for the Office
- What Are the Different Types of Headaches?
- Why Use These Techniques Rather Than Medications?
- E-mail Your Favorite Personal Headache Relief Tips

**HEALTH ISSUES**

- Depression
- Eye Strain
- Headaches
- Hair Loss
- Travel Stress & Jet Lag
- Lower Back Pain
- Neck & Shoulder Pain
- Arthritis
- Allergies
- Cholesterol
- Diabetes
- Gastrointestinal Disorders
- Sleeplessness
- Stress
- Work Stress
- Pain
- Osteoporosis
- Stroke
- Difficulty Concentrating

**TERAPIES**

**PRACTITIONERS**

230

FIG. 11

Treatment: Yoga - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Address http://www.theknotso.com/wellatwork/desktopspa/yoga.htm 2:50

**DesktopSpa Stay Healthy @ Work**

**YOGA**

Treatment	Practitioner	Duration	Health Issue	Reminder	About Yoga
Info on Stressed Out Cats & Cows @ the Office	Cyndi Lee	4:01	Stress	ADD	What is Yoga and How Can it Help You?
Cyndi's 2-minute Keyboard Break	Cyndi Lee	3:23	Lower back pain	ADD	Breathing It's More Important Than You Think
4pm Yoga Energy Boost	Cyndi Lee	3:34	Sleepiness	ADD	Additional Yoga Resources
Yoga for the Frequent Flyer	Cyndi Lee	5:43	Travel	ADD	Meet Our Yoga Practitioners
Yoga for Freeway Traffic Jams	Cyndi Lee	3:24	Travel	ADD	
Cyndi's Smoke Break	Cyndi Lee	2:34	Cigarettes	ADD	
Eyeballs Need Stretching Too	Cyndi Lee	2:00	Eye strain	REMOVE	
Breathe & Focus	Cyndi Lee	1:34	Difficulty concentrating	REMOVE	
Wrist Rolls (Amen! Sushi)	Julie Lusk	0:32	Wrists & Hands	ADD	
Yoga on the Go	Julie Lusk	5:01	Travel	ADD	
Shoulder Shruggers	Julie Lusk	3:21	Back & neck pain	ADD	
Create a Life Not a Lifestyle	Julie Lusk	4:01	Stress	ADD	

Therapies Home

Send A Friend A Well-O-Gram!

Done Internet

240

FIG. 12

OM Yoga with Cyndi Lee					
	Treatment	Duration	Health issue	Reminder	What is Cyndi Lee?
<b>HEALTH ISSUES</b>	Help! I'm Stressed Out!	4:01	Stress	ADD	What's OM Yoga?
<b>THERAPIES</b>	Care & Cures at the Office	2:13	Lower back pain	ADD	How can Cyndi help me at the office?
<b>PRACTITIONERS</b>	Cyndi's 2-minute Keyboard Break	2:04	Wrist & hand pain	REMOVE	E-mail a question to Cyndi.
<b>DISORDERS</b>	Spine Yoga Energy Boost	1:24	Sleepiness	ADD	
<b>HEALTH TOPICS</b>	Yoga for the Frequent Flier	5:43	Travel	ADD	
<b>CONDITIONS</b>	Yoga for Freeway Traffic Jams	2:24	Travel	ADD	
<b>RELAXATION</b>	Cyndi's Smoke Break	2:34	Cigarettes	ADD	
<b>RELAXATION</b>	Eye-Relax Hand Stretching Tite	3:00	Eye strain	REMOVE	
<b>RELAXATION</b>	Breathe & Focus	1:34	Difficulty concentrating	ADD	
<a href="#">Practitioners Home</a>					
<a href="#">Send A Friend A Well-O-gram®</a>					

FIG. 13

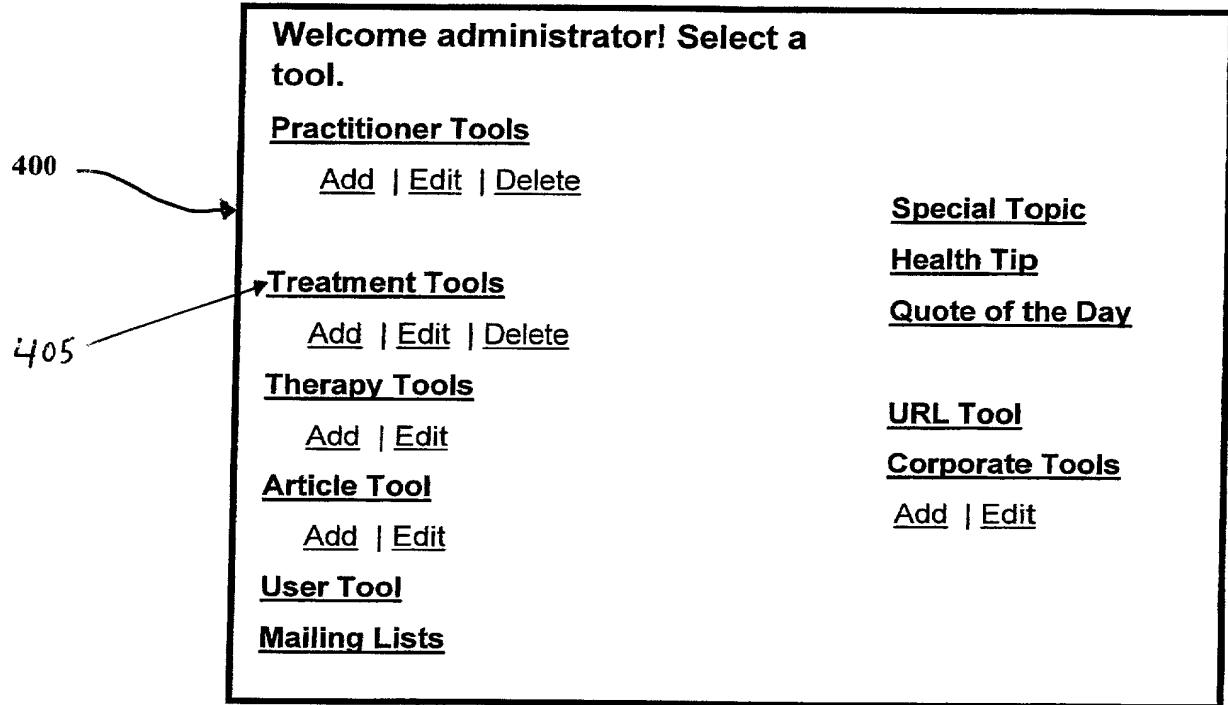


FIG. 14

410

411

Add a Treatment

Associate this treatment with these therapies

Yoga Guided Imagery < > Massage

Practitioner Belleruth Napierstek Add a Practitioner 412

Title 413

Description

Related Health Topics 414

Never ----- Always

•Headaches      415

•Smoking

•etc...

This treatment is only for this corporation Acme Corp. 416

Duration 417

Reccomended Frequency 418

This treatment is a  video clip  audio clip

URL of Media 419

Browse

Publish Treatment Exit Without Saving Home

Edit an Existing Treatment Delete an Existing Treatment

treatment titles here treatment titles here Delete It

FIG. 15

420

**Edit a Treatment**

Associate this treatment with these therapies

Practitioner

Title

Description

Related Health Topics

Never ----- Always

•Headaches

•Smoking

•etc...

Priority

Duration

Recommended Frequency

URL of Video

**FIG. 16**

430

434

432

User1      Last Login: mm:dd:yy hh:mm      [Send this user an email](#)

First Name: Luke  
Last Name: Monaco  
Email Address: luke@imagepaths.com  
Username: lukem  
Password: \*\*\*\*\*  
Favorite treatment: Yoga  
Date Joined: 10/17/00

[View User1's Schedule](#)  
This User is Currently Active  
[Make Inactive](#)

Health Issue 1  
Health Issue 2  
Health Issue 3  
Health Issue 4  
Health Issue 5  
Health Issue 6

Mailing Lists Subscribed to:  
none

[Exit Without Saving](#)   [Delete User](#)   [Save changes](#)   [Home](#)

FIG. 17

Corporate Tool

Corporate code 442

Users' calendars should be active

From this hour

To this hour

No reminders please 444

Ban the following treatments 446

Treatment 1  
Treatment 2

Headache-be gone!

Specially promote the following treatments

448

Treatment 1  
Treatment 2

Sinus rub

Our logo

Browse

Add This Corp.

Edit an Existing Corporation

Delete an Existing Corporation

corp titles here

corps here

Delete It

Exit With no Change

Home